

Physical Development

Gross Motor Skills

1. Have you tried the Cosmic Kids yoga 'Safeguard the Handwashing Soap' video yet? Give it a go: <https://www.youtube.com/watch?v=5rymXdOwW68&safe=true>.

2. The children in school have really enjoyed making their own circuit activities this week. You could try to do the same at home, it can be done indoors or outdoors. Attached are some circuit training fitness cards to help you. Alternatively, you could try the circuit training link:

<https://www.youtube.com/watch?v=xj7TQ6xTjnU&safe=true>.

Fine Motor Skills

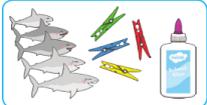
1. Practise your fine motor control by carefully following lines with a pencil. You could print off the sheets on the website, or ask a grown-up to make you some! Highlighters pens are a fun way to make them as you can clearly see the lines and the pencil on top as well.

2. Can you make your own shark finger puppet using pegs? Use the resources on the website and have a go at making your own.

Shark Family Peg Puppet Finger Activity Instructions



You will need:
Shark Family Peg Puppets
Clothes pegs
Glue or double-sided sticky tape
Laminator (optional)



Instructions:

1. Print out the Shark Family Peg Puppets and cut out the peg puppets you would like to make. Decide which hand your child will use for the activity as this will dictate the sharks that you will need. For your child's right hand, choose sharks swimming towards the left. For your child's left hand, choose sharks swimming towards the right.
2. Laminate the sharks if you wish.
3. Cut each shark in half through its mouth and along its body where the white belly meets the grey.
4. Use glue or double-sided sticky tape to attach one half of the shark to each 'arm' of the clothes peg, so that when the peg is squeezed, the shark's mouth opens.
5. Get playing! Using the peg is a great finger exercising activity.

